

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

1. (Currently Amended) An abdominal exerciser comprising:
a flexible plate having a plurality of projections on the bottom surface thereof
~~for pushing the abdomen down by gravity; [[and]]~~
a ~~[[weigh]]~~ weight applying means fixed to the top surface of the flexible plate
and adapted to apply a predetermined weight to the flexible plate and thereby to
push an abdomen down during exercise; and, for applying its weight to the abdomen
a thermal keeping plate stacked to the bottom surface of the flexible plate and
operative to prevent heat generated by the abdomen from dissipating, said thermal
keeping plate having a plurality of apertures for passing the projections therethrough,
wherein said projections contact the skin of the abdomen and attack
subcutaneous fat of the abdomen when the exerciser is placed on the abdomen.

2. (Currently Amended) The abdominal exerciser of claim 1, wherein the
bottom surface of the flexible plate, ~~which has the plurality of projections,~~ is convex.

3. (Currently Amended) The abdominal exerciser of claim 1, wherein at least
one male screw is fixed to the top surface of the flexible plate, and wherein the
weight applying means ~~[[is]]~~ includes at least one ~~weights to be engaged with~~ weight
that engages the male screw.

4. (Currently Amended) The abdominal exerciser of claim 1, wherein the
weight applying means comprises a filling for providing weight~~[[,]]~~ and a weight
retainer fixed to the top surface of the flexible plate, ~~for holding~~ and configured to
hold the filling therein, and wherein the filling comprises metal or mineral.

5. (Currently Amended) The abdominal exerciser of claim 1, wherein the projections are formed of a mineral capable of emitting far infrared rays, ~~and the abdominal exerciser further comprises a thermal keeping plate below the flexible plate, for keeping the temperature of the abdomen, and wherein~~ the thermal keeping plate ~~including~~ includes a plurality of permanent magnets arranged therein.

6. (Currently Amended) The abdominal exerciser of claim 5, further comprising a heat emitting plate disposed between the flexible plate and the thermal keeping plate, ~~for producing~~ and operative to generate heat ~~[[with]] upon~~ application of electricity and thereby to warm the subcutaneous fat and an intestine of the abdomen.

7. (Currently Amended) The abdominal exerciser of claim 1, further comprising a pair of grips ~~at both ends of~~ affixed to the flexible plate.

8. (Currently Amended) The abdominal exerciser of claim 2, wherein at least one male screw is fixed to the top surface of the flexible plate, and wherein the weight applying means ~~[[is]]~~ includes at least one ~~weights to be engaged with~~ weight that engages the male screw.

9. (Currently Amended) The abdominal exerciser of claim 2, wherein the weight applying means comprises a filling for providing weight~~[[,]]~~ and a weight retainer fixed to the top surface of the flexible plate, ~~for holding and configured to hold~~ the filling therein, and wherein the filling comprises metal or mineral.

10. (Currently Amended) The abdominal exerciser of claim 2, wherein the projections are formed of a mineral capable of emitting far infrared rays, ~~and the abdominal exerciser further comprises a thermal keeping plate below the flexible plate, for keeping the temperature of the abdomen, and wherein~~ the thermal keeping plate ~~including~~ includes a plurality of permanent magnets arranged therein.

11. (Canceled).

12. (New) The abdominal exerciser of claim 10, further comprising a heat emitting plate disposed between the flexible plate and the thermal keeping plate and operative to generate heat upon application of electricity and thereby to warm the subcutaneous fat and an intestine of the abdomen.